



Struggling Oilers cut GM

Steve Tambellini fired with club on the verge of missing the playoffs for seventh-consecutive season

Bro-mancing the web

Lena Dunham's Girls meets an N.Y.C. frat house in the new YouTube parody Bro

SUPERHERO STRONG

A FITNESS EXPERT
REVEALS HOW ROBERT
DOWNEY JR. BEEFED UP
FOR THE UPCOMING
IRON MAN 3 FAGE 15





Police officers draw their weapons on Monday after hearing a second explosion on Boylston Street in Boston during the 117th Boston Marathon. The first blast knocked down a runner near the finish line. More coverage on page 8 and online at metronews.ca. JOHN TILIMACKITHE BOSTON GLOBE VIA GETTY IMAGES

Alberta runners left rattled after Boston bombing

Reaction. 'It was something I'd never, ever seen before. It was insane,' says Spruce Grove man



ANNALISE KLINGBEIL annalise.klinabeil@metronews.c.

Morrie Ripley was at Mile 19 of the Boston Marathon when he saw ambulances on the iconic racecourse.

"It was just insane, the amount of ambulances flying by people who were running on the racecourse," Ripley said.

"It was something I'd never, ever seen before. It was insane."

The Spruce Grove runner was one of nearly 200 Alber-

tans who participated in the Boston Marathon. A twin explosion rocked the finish line on Monday afternoon, leaving at least three people dead and more than 100 injured.

Ripley, who had not reached the finish line when the explosions happened, spent the afternoon trying to locate team members and their friends and family.

By late Monday most members of the charity team he was running with, and the people who came to cheer them on, were accounted for.

One of Ripley's team members, who is blind, was crossing the finish line when the first explosion went off. He escaped uninjured.

Ripley was one of many who spent the hours after the race trying to make sense of the tragedy.

"I thought I'd spend the rest of the day exhilarated and exhausted by a great run. Instead, I feel sick and upset," tweeted Kendall Barber of Edmonton.

Julian Price, who finished the race in 2 hours and 59 minutes, and his wife were a few blocks from the finish line when they heard a blast

Price, who lives in Sylvan Lake, said runners didn't realize, "something horrific had happened," until they started to check their phones and social media.

"It's such an incredible marathon, you hear of so many people that want to qualify for this, its top notch. I think (the explosion) is just really disappointing," he

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New contract.

Province, docs agree to tentative wage deal

Alberta doctors won't get a pay increase for three years but will have more input on fees and health care under a tentative deal announced Monday.

The proposed seven-year agreement is retroactive to April 2011, when the last contract expired, so the first two years of the pay freeze are over.

"Yes, there will be some pain for those first three years," said Dr. Michael Giuffre, president of the Alberta Medical Association. "But the ability to have a say in health care all the way through will make doctors happy to sign it."

Giuffre commented at a Calgary clinic where Premier Alison Redford and Health Minister Fred Horne announced the memorandum of understanding.

Both sides have one week to craft a final agreement that would extend to 2018. It will have to be approved by doctors and the government.

The proposal includes a 2.5 per cent increase in each of the two middle years and cost-of-living increases in the final two.

There is also to be a onetime, lump-sum payment totalling \$68 million to be distributed by the AMA and the province to address financial challenges faced by doctors in their practices.

The deal would also see the creation of a physician committee to oversee compensation, arbitration rights on fees and specific benefits and recognition of the AMA as the ongoing bargaining representative for Alberta's 8,000 doctors.

THE CANADIAN PRESS



Struggling Oilers fire GM Steve Tambellini

Shakeup. Edmonton on verge of missing the playoffs for the seventh straight season

Steve Tambellini is out and Craig MacTavish is in as general manager of the Edmonton Oilers.

Kevin Lowe, the Oilers president of hockey operations, said Monday that Tambellini had been fired.

Tambellini, 54, was named to the post in 2008, and was in his fifth season with Edmonton. He succeeded Lowe as Oil-

ers GM after Lowe's promotion to his present post.

Edmonton makes the move while on the verge of missing the NHL playoffs for a seventh consecutive season.

"Despite showing areas of improvement over the course of the season, the face of the matter is we are not where we want to be right now, nor where we should be," Lowe said at a press conference on Monday.

"And because careers are short and opportunities for achievement don't come along very often, we feel strongly that it is important that we make some changes right now.

The Oilers stand 12th in the Western Conference standings with a 16-18-7 record, eight points behind eighth-place Detroit.

MacTavish, the club's new general manager, coached the Oilers in 2006. That year, Edmonton reached the Stanley Cup final before losing in seven games to the Carolina Hurricanes.

MacTavish has not been an NHL general manager before, but Lowe said he has been preparing for the job, getting an MBA from Queen's University and working with Oilers scouts and hockey develop-

Welcome back

 Also returning to the Oilers is former assistant GM Scott Howson, who was recently fired as GM of the Columbus Blue Jackets. Howson becomes the Oilers' senior vice-president of hockey operations.

ment staff.

"Most recently, Craig played the lead role in landing highly coveted unrestricted free agent Justin Schultz," Lowe said. THE CANADIAN PRESS



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You may see more patios this summer



Edmontonians could be sipping wine or drinking a latte on street-side cafes a lot easier this summer thanks to a streamlined approval process city councillors reviewed Monday.

The new rules aim to streamline patio approvals by separating the applications into minor and major patios. A minor patio would be any that did not serve alcohol and had less than eight seats.

A major patio would serve alcohol and could

but approval would take between four and six weeks.

Coun. Karen Leibovici said she hopes the regulations will make way for more of a patio culture.

"It will be quite a pleasure to see more of these street cafes and patios be something that is much more regular."

Patios serving alcohol will still have go through the Alberta Liquor and Gaming Commission, which has a number of regulations serve alcohol and could including a prohibition on have more than eight seats, alcohol being carried across

public sidewalks.

Coun. Ben Henderson said the provincial regulations will remain a challenge. He said crossing sidewalks, as an example, shouldn't be the hurdle it is.

"I think it is time Alberta grew up and got over this one." RYAN TUMILTY/METRO

For more local news go to metronews.ca



Edmonton's Burn Treatment Unit gets a boost of \$315,000

Cheque. Money will be spent on staff education, research and equipment, doctor says



ANNALISE KLINGBEIL eil@metronews.ca

When Spencer Beach came into the Firefighters Burn Treatment Unit at the University of Alberta Hospital nearly 10 years ago, he believed his life was over.

"Five months into my stay, I was angry, depressed, anxious, heavily medicated, still in tons of pain, completely immobile and I didn't see a light at the end of the road," Beach said.

A workplace explosion on April 24, 2003, at a home in Edmonton left Beach, who was 29 at the time, with third-

- In 2012, 376 patients were admitted to the University of Alberta's Firefighters Burn Treatment Unit.
- The Firefighters Burn Treatment Society has raised nearly \$10 million in funds since 1977.

and fourth-degree burns to 90 per cent of his body.

Beach has fought through the anger, depression and pain and said he wouldn't change what happened to

"What happened to me is a complete blessing because I'm able to share it with so many people."

Beach shared his story with a room full of firefighters on Monday as Edmonton Firefighters presented



Burn survivor Spencer Beach spoke to a crowd of firefighters on Monday Beach received third- and fourth-degree burns to 90 per cent of his body after a workplace explosion nearly 10 years ago. Annalise klingbeil/met

the Firefighters Burn Treatment Unit with a cheque for

The money will go toward staff education, research and

equipment that will help burn patients like Beach, said Dr. Ted Tredget, a plastic surgeon who works at the

Bringing in business

Councillors give film studio tax break

City councilllors gave property tax relief Monday to a local film studio that has seen a huge jump in its property values.

Councillors voted to forgive approximately

\$50,000 in taxes the studio was set to pay. They also encouraged the facility to consider not-for-profit status over the next year to ease its burden in the future.

Mayor Stephen Mandel said the studio brings business to the city by attracting productions here and the city should be willing to support it. RYAN TUMILTY/METRO

Vote

City public teachers vote to accept provincial deal

Public school teachers in Edmonton have voted to accept a framework agreement proposed by the province.

According to a release issued Monday by the Alberta Teachers Association,

the 5,000 teachers in the **Edmonton Public Teachers** Local No. 37 bargaining unit voted to accept what has been proposed to teachers and school boards by the premier, though they are still concerned about financial elements. The framework must be ratified by all 62 association bargaining units and school boards by May 13 to ensure labour peace through to 2015-16. METRO



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Politics. I will act to move development forward if board doesn't: Griffiths

Alberta's municipal affairs minister is telling municipalities in the Edmonton region to get their act together or he will do it for them.

Doug Griffiths delivered the blunt assessment Monday after meeting with the Capital Region Board last week.

They have all the powers in their hands right now to resolve this — but if they can't and they won't and they want me to resolve it, then I will," said Griffiths.

The board approves or rejects major developments in the region. Lately, the board has not been able to get administrators to the table to move development forward, which



Griffiths unacceptable. E d

monton Mayor Stephen Mandel said he hopes the region can get together and solve

their issues, but is also pleased to see the minister recognizing the problem.

Î am glad the minister has the courage to stand up and make those kinds of statements," RYAN TUMILTY/METRO

Low-carbon city?

Citizens' panel suggests ways for city to fight climate change

A citizens' panel is recommending the city consider more public transit, denser neighbourhoods and buying green power in a bid to become a low-carbon city.

The city put the citizens' panel together to study the issue of greenhouse gas reductions. Coun. Don Iveson said he understands some of the recommendations would be difficult to implement, while others are more feasible. METRO

Weapons complaint

Police charge 5 after shots fired in northeast Edmonton

Edmonton police have charged five people in connection with shots being fired early Monday morning.

In a release, police said officers responded to reports of a weapons complaint and shots being fired in the area of 116A Avenue and 29 Street around 12:30

Anyone with information is asked to call police at 780-423-4567. метко



Captain Jack the one-eyed cat adopted

New home. After being shot with paintball gun the tabby was quickly scooped up



HEATHER MCINTYRE re@metronews.ca

Captain Jack the one-eyed cat has a new home, after being shot in the face with a paintball gun.

The eight-month-old male

orange tabby is missing his left eye, which was removed during emergency surgery at the Edmonton Humane Society March 29.

The EHS announced Monday that the cat was up for adoption, and by 2:15 p.m. he had a new home.

"He was just in horrible shape," recalled EHS spokesperson Shawna Randolph. "He was definitely in shock, he was definitely suffering.

"His left eye was just hanging, just dangling there and it was covered in red paint."

The animal was brought in by two people who found him wandering around outside in the Fort Saskatchewan area.

"We're just so thankful that they found him and brought him to us," said Randolph. "Our surgeon was very sure that this happened to him that day.'

The incident is now being investigated by the Fort Saskatchewan RCMP, and both they and Randolph are encouraging people to come

"Someone out there does

To donate

Costs of the surgery were covered by the EHS' Sick and Injured Animal Fund, which donations can be made to by calling 780-491-3507 or visiting edmontonhumanesociety.com.

know what has happened to this cat," she said.

Anyone with information should call the RCMP at 780-

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metr⊕ **NEWS**

President reacts

Obama vows justice

U.S. President Barack Obama said the country does not know "who did this or why" but vowed those responsible "will feel the full weight of justice."

He added: "We will find out who did this and ... hold them accountable." THE ASSOCIATED PRESS

Some 23,000 runners, including 2,000 Canadians, took part. THE ASSOCIATED PRESS

A fake Boston Marathon Twitter account promised to donate \$1 to the victims for every retweet. It was retweeted 52,173 times METRO WORLD NEWS IN BOSTON



Blood on the street

Boston Marathon bombing. White House treating carnage as an act of terror, official says

Two bombs exploded in the packed streets near the finish line of the Boston Marathon on Monday, killing at least three people and injuring more than 140 in a terrifying scene of shattered glass, bloodstained pavement and severed limbs at the world's most prestigious marathon, authorities said.

An eight-year-old boy was among the dead, according to a person who talked to a friend of the family and spoke on condition of anonymity.

A senior U.S. intelligence official said two other bombs were found near the end of the course in what appeared

There was no word Monday night on the motive or who may have carried out the attack, and police said they had no suspects in custody.

WBZ-TV reported that officers were searching an apartment in the Boston suburb of Revere. Police confirmed that a search warrant related to the explosions was served

The fiery twin blasts took place almost simultaneously and about 100 metres apart.

"They just started bringing people in with no limbs, said runner Tim Davey of Richmond, Va. He said he and his wife tried to keep their children's eyes shielded from the gore inside a medical tent, but "they saw a lot."

Of the dozens wounded, hospitals reported at least 17 were critically injured.

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Hospitals in panic mode

Dr. Alasdair Conn said Massachusetts General Hospital was treating 22 patients Monday night. Six were in surgery for critical injuries. At least four victims had "traumatic amputations of their legs."

Of the six critical victims, five were unidentified, Conn said. He believed all of them were adult spectators.

The hospital enacted its emergency disaster plan, calling in all available staff and cancelling all elective surgeries.

Boston Medical Center had received 20 patients, including two children, most of whom have received injuries

to their lower legs.
Brigham and Women's Hospital reportedly had 26 patients, including a threeyear-old who was transported to Children's Hospital.

IILL GADSBY/METRO WORLD NEWS IN

For up-to-the-minute news on the marathon bombing, including eye-witness accounts from Canadians across the country, go to metronews.ca

metronews.ca
Tuesday, April 16, 2013

NEWS 09



Tory attack ads 'expose' Trudeau

'In over his head.'

Political experts claim Conservative campaign featuring revealing footage is misleading

Day 1 for new Liberal leader Justin Trudeau featured three questions to the Prime Minister, two controversial Conservative attack videos and a 25-minute encounter with a huge swarm of Parliament Hill reporters.

Though Prime Minister Stephen Harper and many of his cabinet ministers extended congratulations to the new Liberal leader, the Conservative party welcomed him with two mocking attacks on YouTube, accompanied by an anti-Trudeau website and a Facebook page, as well.

Trudeau shrugged off the attacks as predictable, but the Canadian Liver Foundation issued a condemnation, since the Conservatives used footage from a Trudeau appearance at one of the charity's events in 2011.

In that ad, aired Monday morning, the Conservatives took aim at Trudeau's experience, suggesting the 41-year-old was in "over his head." Trudeau is shown removing his shirt at the fundraiser in 2011, where he raised nearly \$2,000 for the foundation.

Another video talks up Harper's economic record

Smoke and mirrors?

Jonathan Rose, a politicalscience professor at Queen's University, flagged quotes about Quebec, which were taken from an interview Trudeau gave to CTV in 1999.

- "Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," a young Trudeau is shown as saying. The narrator describes the comment as a display of poor judgment.
- The full CTV segment, a link to which quickly circulated online Monday, suggests Trudeau was actually talking about his father.

THE CANADIAN PRESS

while poking fun at Trudeau's past jobs as a camp counsellor, rafting instructor and drama teacher, adding, "and now he thinks he can run Canada's economy."

"What I've heard from Canadians across this country," Trudeau told reporters at a post-question-period scrum, "about people being tired of negativity, of bullying, of cynicism, means that the Conservatives are going to discover that the one thing they know how to do really well is no longer working for them."

TORSTAR NEWS SERVICE

Ashley Smith

Choking herself made teen 'feel good,' inquest told

In her testimony at an inquest into Ashley Smith's prison death, psychologist Cindy Presse told jurors that Smith became highly addicted to choking herself.

"She was quick to say, 'It's not sexual, Cindy,'" Presse testified. "She said it just made her feel good."

Presse also told jurors that at a meeting in late February 2007, a visiting Coralee Smith, Ashley Smith's adoptive mother, made it clear she would not talk about her adopted daughter's parentage. She said that staff at the

She said that staff at the Regional Psychiatric Centre in Saskatoon believed it vital for Smith to have the family issue in the open, but Smith refused.

THE CANADIAN PRESS

Bullying suicide

N.S. to launch review of Rehtaeh Parsons case

The Nova Scotia government will launch an independent review of the RCMP's original investigation into the Rehtaeh Parsons case, Premier Darrell Dexter said Monday following a week of public pressure and international attention on the teen's death.

But Dexter said the review won't proceed until the Mounties conclude their current criminal investigation into the alleged sexual assault of the 17-year-old girl.

"While there is an ongoing investigation, one has to be cognizant of the fact that there are certain legal requirements that have to be observed," said Dexter.

"The important thing is that it will be comprehensive and it will be fully independent." THE CANADIAN PRESS



metronews.ca Tuesday, April 16, 2013

U.S. Supreme Court wary of gene patenting

Medical research.

Company argues DNA they isolated is 'markedly different' from that found in the body

The U.S. Supreme Court seemed worried Monday about the idea of companies patenting genes that can be found inside the human body, as it heard arguments in a case that could profoundly reshape medical research and the fight against diseases like breast and ovarian cancer.

The U.S. Patent and Trademark Office has been awarding patents on human genes for almost 30 years, but opponents of Myriad Genetics Inc.'s

Recipe for a slippery slope?

"I can't imagine getting a patent simply on the basic items of salt, flour and eggs, simply because I've created a new use or a new product from those ingredients."

Justice Sonia Sotomayor. There was an attempt in court to break the gene-patenting argument down to an everyday level by discussing chocolate-chip cookies, baseball bats and Amazonian jungle plants.

patents on two genes linked to increased risk of breast and ovarian cancer say patent protection should not be given to something that can be found inside the human body.

"Finding a new use for a product of nature, if you don't change the product of nature, is not patentable. If I find a new way of taking gold and making earrings out of it, that doesn't entitle me to a patent on gold," lawyer Christopher Hansen said.

Allowing companies like Myriad to patent human genes will slow down or cripple lifesaving research.

But companies have billions of dollars and years of research on the line, with Myriad arguing that without the ability to recoup their investment through profits from patents, breakthrough scientific discoveries needed to combat all kinds of medical maladies wouldn't happen.

THE ASSOCIATED PRESS



Prized piece displayed for Titanic anniversary

Auctioneer Alan Aldridge holds the violin of Wallace Hartley, the instrument Hartley played as the band leader of the Titanic, on the 101st anniversary of the sinking of the ship on Monday in Devizes, England. The auction house, which specializes in Titanic memorabilia and is having an associated sale on Saturday, spent seven years proving the violin was genuine and belonged to Hartley, who, with his orchestra, famously played on as the ship sank in 1912, and were among the 1,500 who died. Long thought to have been either lost at sea or stolen, it is being described, as far as Titanic memorabilia goes, as one the most important pieces that has ever come up for sale. It's thought to be worth a six-figure sum. MATT CARDY/GETTY IMAGES

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Samsung. Galaxy S4 to hit Canada April 27

Samsung's next flagship phone, the Galaxy S4, will hit Canada as early as April 27

Mobile providers are now taking pre-orders for the new five-inch smartphone, Samsung's rival to Apple's iPhone.

Those who pre-order a phone in advance, for about

\$200 on a three-year contract or \$700 without a contract, should get it by the end of the month.

The phone is then expected to go on sale May 3.

Samsung is highlighting a slew of software features



as the main differentiators for its latest Galaxy phone, including a bolstered photo app and gestures that allow the device to be controlled without touching the screen.

THE CANADIAN PRESS

Market Minute



Natural gas: \$4.14 US (-9¢) **Dow Jones:** 14,599.20 (-265.86)





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Down from 2012 but ...

Home sales up from last month

The Canadian Real Estate Association reported that home sales in the markets it tracks rose a seasonally adjusted 2.4 per cent in March over the previous month. THE CANADIAN PRESS

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metronews.ca Tuesday, April 16, 2013 **VOICES**

3RD WHEEL'S UNEXPECTED CHARMS

Some might say that three's a crowd, but there are actually plenty of advantages when it comes to spending time with an established twosome, provided you follow a couple of important ground rules.

First of all, you can't be insecure; you'll want to let go any feelings of awkwardness or jealousy that will prevent everyone from having a pleasant time. Secondly, you should never agree to a one-on-two date with a brand new couple — there may be nothing more insufferable than being trapped at a dinner table with a pair of smitten kittens who can't keep their paws to themselves.

metronews.ca But if you're selective about who you play "plus one" with and resist the urge to throw a pity party for yourself, you'll realize that tagging along as the proverbial third wheel can actually mean a whole variety of unexpected benefits.



Jessica Napier

You'll be the centre of attention

If you're convinced that a dating duo would only extend an invite to a solo friend out of pity, think again. Even the happiest couples get tired of each other — especially those who live under the same roof—and welcome the opportunity to hang out with someone new. So instead of thinking of yourself as an intrusive third wheel, realize that you're actually an exciting guest star. Spending the evening with a couple who are desperate for new material means you'll have an attentive audience to laugh at your jokes, give you advice on your own relationship problems, and listen vicariously as you relay stories of your crazy single life.

Ĭt's a cheap night out

In my experience, couples are usually so appreciative to have someone else join them for a night out that they'll offer to pay your way. Third wheelers can enjoy complimentary

cocktails, free meals, movie tickets and many other benefits of having a significant other for the night without having to deal with any of the annoying aspects of being in a relationship.

You don't have to bother looking good

Even though you're hanging out on date night, you're not actually the one on a date. Relieved of the pressure to impress, you can leave the Spanx at home and enjoy a nice night out with minimal effort.

You might learn something

Whether or not you're in a relationship of your own, there can be many educational moments that arise when you're spending time with another couple in an intimate setting. Think of it as relationship reconnaissance: Observing other people's dating habits from close up can help you glean some insights into what you do (or don't) want in your current or future partner. Alternatively, watching two friends bicker passive-aggressively over appetizers can give you a newfound appreciation for Follow Jessica Napier on single life.

Twitter @MetroSheSays





ANDREW

Canadians weary of muttering obscenities at a stubborn winter can rejoice now that patio weather is creeping into our afternoons. That also means it's time to brush up on whip-smart conversation, so grab the early advantage by subscribing to these brain food podcasts on iTunes.



99% Invisible:

A recent lesson on the word jaywalk-ing perfectly illustrates how well this show - which explores the quiet impact design has on daily life tends to wrap things up in an easily repeated fun fact.

A History of the World in 100 Objects:

A great idea worthy of its many

copycats, each edition of this 100-episode BBC special focuses on one of the countless innovations the modern world is built on, from hand tools to credit cards.

Quirks and Quarks:

It's past time science got around to explaining how national treasure Bob McDonald and his team manage to pack so much science news and information into a single hour

The public reacts to the Boston Marathon explosions.

@corduroygal: My thoughts and prayers are with the victims of the bombing in Boston. My run today is now dedicated to you #prayforboston #bostonmarathon

@DJRedEyezz: Tragic day in Boston, senseless act #PrayForBoston

Graibmanian: #BostonMarathon victims you are not alone. #Toronto is with you

@robyntrew: So saddened to hear of yet another heartless and senseless act of violence. Thoughts are with you, #Boston #prayforboston

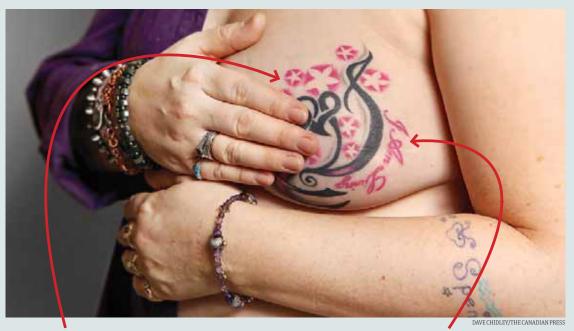
@SomeGuyDylan: Once again the world is forced to deal with the actions of some small, ignorant, petty little minds. Stay

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end us your comments: edmontonletters@metronews.ca

ZOOM

In the ink of health



Cancer tattoo strikes right note

Casandra Graham had a single mastectomy after being diagnosed and treated for breast cancer in 2009. And although she opted for reconstruction, she wasn't keen on having a surgically created nipple.

"I had looked on the Internet at probably thousands of photos of nipple recon-

structions and as good as the job may be, it'll never be exactly the same as your other one because it's just not natural anymore," Graham, 38, said from her home in London, Ont. "And I didn't like how it looked.

"So I said, you know what, I'm just not going to do it at all. And since I happened to know a couple of tattoo artists — my husband owns a shop — I'll just get it tattooed."

Graham put together a

design that combined several images she found online, including small hearts, a pink ribbon that symbolizes breast cancer, and some tiny stars.

But the central motif of her pink and black tattoo is a treble clef.

"I can't sing, I can't carry a tune in a bucket ... but I really like music and it was one of the strong things when I was alone that kind of kept my spirits up." THE CANADIAN PRESS

'I am living'

"Survivor seems too cliché for me. So in pink writing around the side of the tattoo, I had them write: 'I am living,' because I feel like I'm not just getting by. surviving one day to the next. I'm actually living my life now. Casandra Graham



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metronews.ca Tuesday, April 16, 2013 12 **SCENE**



Diango Unchained

Director. Quentin Tarantino

Stars. Jamie Foxx, Christoph Waltz, Leonardo DiCaprio

Quentin Tarantino's pre-Civil War anti-slavery adventure is his valentine to the spaghetti western genre, specifically the blood-splattered grindhouse movies of his 1960s-to-1970s youth made by Sergio Leone and Sergio Corbucci. Tarantino also tips his Stetson to three bloody Sams — Fuller, Raimi and Peckinpah — who share his filmmaking sensibility that blood should come by the bucketful. And there are shout-outs to a Monty, as in Python, in such scenes of lunacy as when freed slave Django (Jamie Foxx) and his benefactor Dr. Schultz (Christoph Waltz) encounter KKK vigilantes who can't shoot or even see straight. Tarantino is clearly having a grand ol' time, and so are his actors, who include Leonardo DiCaprio as the childlike owner of a vast Mississippi plantation and Samuel L. Jackson as his devoted housekeeper. Each of these players shares the writer/director's filmic vision that both observes and condemns America's bloody history of racism.

PETER HOWELL



Bros take on Brooklyn

A guy's answer to Girls. Video editor takes personal experience with hipster girls and turns it into a YouTube short

CASSANDRA GARRISON

-ws in New York

What happens when former frat boys trade their popped collars for jean shorts and flannel? What could possibly go wrong when clean-cut bros hop on the L train and venture to Brooklyn in search of hipster girls? Hilarity ensues, as demonstrated in a newly-launched web series inspired by the HBO hit show Girls and created by a Williams-

burg veteran. Video editor Anthony DiMieri, 25, had written a sitcom about 20-something guys living in NYC back in 2010, but when Girls premiered, the idea for a parody colliding two stereotyped sub-cultures just clicked.

"When I saw Girls, I thought, 'Holy crap - this is really close to what I was doing," DiMieri told Metro. "It's taking some humour and boiling things down to more sketch comedy. Humour in a web series is different than humour on TV. You have to make people laugh right off the bat."

Thus, Bros was born.

He did a casting call in December, pulled a lot of favours for the low-budget production, and put it on YouTube earlier this week. Bros follows a main character who gets cut off by

his parents (sound familiar?) after his post-college life is filled with picking up chicks and playing Call of Duty. His soulsearching is brought to a halt when one of his fellow bros reveals the secrets of picking up hipster girls.

Observing their friend's outfit — a sparkly T-shirt, a purple winter cap and cut-off shorts — the main character and his bros are at first bewildered that this look could ever attract women.

But it is the bro-turnedhipster who gets the last laugh when he returns to the apartment that night with a flannelwearing hottie.

From there, DiMieri's cast embarks on a transformation as they strive to infiltrate Williamsburg and entice female hipsters with mentions of gin distilleries and "obscure"

DiMieri has gotten a lot of feedback about Bros but, predictably, some criticism, too, about poking fun at Girls.

"My favourite YouTube comment so far is something like, 'You guys are a**holes for ruining such a good thing,' he said.

"They think I am attacking the show, but I am not trying to do that."

DiMieri, who rejects labels but admitted he is likely part-bro, part-hipster, would like to continue making episodes in the web series, but said it is all based on cost and whether he can find a way to fund the production. Most of the people involved in the first episode worked for free, including the cast members. He is considering launching a Kickstarter campaign.



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Tuesday, April 16, 2013

SCENE 13

The Flaming Lips go to the dark side

The Terror. The boys who brought you She Don't Use Jelly dig deep into the depths of the human condition to produce anxiety-laden tracks

PAT HEALY

Metro World News in Bosto

When the Flaming Lips appeared in a commercial during the Super Bowl this year, it seemed that after 30 years as a band, they were ready to present themselves definitively to the masses; as fuzzy, funtime freaks who roll around in hamster balls and blast technicolour confetti from their tour bus. The minute-and-a-half Hyundai ad crystallized the band's whimsical qualities, which were particularly potent in last year's hyper-collaborative and highly playful project, The Flaming Lips and Heady

But the Lips have put aside

their playdates with seemingly disparate "Fwends" like Ke\$ha, Erykah Badu and Chris Martin and gone to a much darker place. Therein they found The Terror.

The Terror, which comes out Tuesday, finds Wayne Coyne and company capturing the sound of the desperate anxiety that you'd expect from an album with a title like that.

"A lot of times I think Flaming Lips music goes into the fantastical and I think that's great," says Coyne. "But I think this music specifically goes to how life is. Part of it is that there is something grinding away at you. ... I think virtually every song on here has this kind of underlying, grinding, non-musical — not even always rhythmically correct — bed to it."

Lyrically, the mood is persistently similar, with very little light coming into or escaping from the songs. On one track, when a high hopeful voice sings "You're not alone" it is echoed by a sobering mechanical response of "You are alone." This is a very

A different Wayne

"I think virtually every song on here has this kind of underlying, grinding, non-musical — not even always rhythmically correct — bed to it."

The Flaming Lips frontman Wayne Coyne

different Wayne Coyne from the one who sang about a girl who uses Vaseline on her toast instead of jelly. It's a very different Wayne Coyne from the one who asked if you realized that happiness makes you cry. Coyne admits that when the band began to chase these dark impulses, part of The Terror was that they wouldn't be able to return.

"I always know that once we get interested in something, it's wonderful but it's also scary, because it's like 'We're really gonna do this' and you don't know in the beginning if it means that we destroy this other part of us."



From Gangnam to Gentleman

MICHELLE CASTILLO

Metro World News in New York

There's a new Gentleman in town

Korean rapper and dancer extraordinaire Psy released his latest single Gentleman on April 13, and the video has already reached more than 58,470,000 views on YouTube.

While it doesn't have Psy's classic horse move and isn't a harsh critique on South Korea's upscale Gangnam District, the video still features a catchy tune, slightly naughty lyrics and some svelte hip shaking movements.

"I'll make you gasp and I'll make you scream," Psy raps, adding that he's a "mother father gentleman" — though some have debated if that's actually what he's saying.

Overall, people seem to like the tune, but comparisons to Psy's mega hit Gangnam Style are inevitable.

The video for the international sensation, which has been out for nine months, has more than 1,525,000,000 views on YouTube, and even features a tiny animated character



Psy is hoping fans will go Gangnam over Gentleman. GETTY IMAGES

doing the famous dance move right next to its counter.

"I can't say that it's better than Gangnam Style, but I still like it," YouTube user Megi Ivanova commented on the official

music video.

However, not everyone was impressed with the new single.

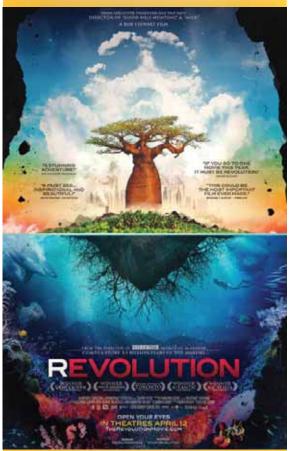
"Nothing original since Gangnam Style... so disappointed!!" user rugossss



No purchase necessary. Contest open to residents of Canada, excluding the province of Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of one pass for two to a special advance screening at a specific theatre in your city on April 24th at 7PM (valued at approximately \$26) Contest closes April 21st 2013 at 12:59PM EST. To enter and for complete contest rules visit wow.culdimetro.com



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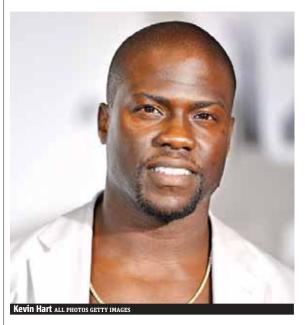
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Comedian calls arrest 'a wake-up call'

Comedian Kevin Hart was arrested for driving under the influence early Sunday morning in Los Angeles, and he wasn't shy about sharing the details after posting bail. "I'm officially a thug. I spent six hours in jail last night," Hart announced on Twitter. "This cop was the worst. He knew who I was and wanted

to make an example of me. ... When the cop asked me to take the sobriety test I said, 'Why waste our time? I'm drunk, man.'" Hart did also offer some more serious reflection on the night's events: "This is a wake-up call for me. I have to be smarter and last night I wasn't."

Ellen and Portia content without kiddos

Portia de Rossi tells Out magazine that she and wife Ellen DeGeneres have absolutely no plans to start a family, despite pressure from friends and loved ones. "You have to really want to have kids, and neither of us did. So it's just going to be me and Ellen and no babies," de Rossi tells the magazine. "There comes some pressure in your mid-30s, and you think, 'Am I going to have kids so I don't miss out on something that other people really seem to love? Or is it that I really genuinely want to do this with



my whole heart?' I didn't feel that my response was 'yes' to the latter."

Twitter



@ElizabethBanks

Huh, Brad Pitt would make an amazing radio man. Ah, but a waste of that face.



@AlbertBrooks

Justin Bieber said he hoped Anne Frank would have been a fan. I really want to kill myself.



@mindykaling

If Kobe retires he should make movies with cartoon characters like Rocky & Bullwinkle

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Ozzy and Sharon's relationship gone off rails?



THE WORD Dorothy Robinson scene@metronews.co

Everyone's favourite heavy metal couple, Ozzy and Sharon Osbourne, are reportedly well on their way to splitting up, according to Radar Online. And sadly, the

long-married pair is said to be living separately already. While Ozzy is said to be living in a rented Beverly Hills mansion, Sharon has been staying at the Beverly Hills Hotel since at least the beginning of this month, sources say. "They are living at different addresses and not spending any time together," a source recently told the Sun. Sharon is believed to be staying at the famous hotel while she decorates a new home — but not the one where Ozzy is staying. The usually outspoken and press-friendly pair has been remarkably quiet about the reports of marital trouble.

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WELLNESS 15

The Iron Man 3 workout

Fitness. Robert
Downey Jr.'s trainer,
Brad Bose, tells us
how to get
superhero strong

ROMINA MCGUINNESS

"Superheroes have good bodies, even if they have PhDs," says Brad Bose, who would know.

He's Robert Downey Jr.'s personal trainer, and got him fit for Iron Man 3.

"It was important that Robert was extremely fit and had a good muscular build. Only it had to look realistic. He's meant to be a billionaire playboy; you don't want him to get too big and end up looking like Captain America or The Hulk."

Fortunately, Downey Jr. was almost ready to go for his third stint as Mr. Stark.

"He'd recently finished filming The Avengers so he was in good shape. But holding on to that muscle mass and definition for long periods of time isn't easy," adds Bose.

"He had to get re-buff. We were doing two-hour sessions, three to four days a week. By the time we were done, he'd gained five pounds of muscle and trimmed off 10 pounds of fat."





Building

"Robert's cardio was never an issue," Bose tells Metro. "A lot of people don't want to talk about it but the truth is, he's 48. He's above the curve when it comes to being a fit individual but this is a young man's training he's doing."

In order to gain muscle bulk, Downey Jr. spent the first month doing traditional weight training.

Once he and Bose were satisfied with his mass, they moved on to Functional Performance Training, a technique that engages all muscle groups simultaneously.

"FPT isn't just for esthetics," says Bose.

"All the exercises are designed to get you muscular through strength. As opposed to body building, where you're working one muscle group in isolation, FPT gets as many muscles and as many planes of movement engaged at any one time," he explains about the training regiment.

The logic behind the moves is it offers a better approach

"The body functions as a unit. Every time you're doing an upper body movement, your legs should never be completely dormant. The 'core' (from the lower part of your rib cage to the lower part of your hip girdle) should always be engaged. The aim of FPT is to do things more dynamically. So we'll push sleds, we use battling ropes, sledgehammers, tyres and so

And on his days off ... Tracy Anderson and Kung Fu

"Robert is constantly doing something," says Bose of his

Superhero diet

How Iron Man gets his iron, man

Hard to believe, given his love of shawarma, but Iron Man lives closer to a vegetarian lifestyle than full-on carnivore.

"We try to balance the protein and the carbohydrates and stick to fish, chicken, eggs and soy, explains Bose. "And when it's time to cut weight, we just minimize the portions. Robert tends to eat every three hours and have two protein shakes a day. The only reason he even drinks them is to make sure that during these intense workout periods, he's not losing any muscle mass. So as far as nutrition goes, we're more focused on a Paleo style diet, which is basically fish, organic meat, nuts, roots, fruit, eggs and vegetables.

"But in order to spend time with his wife, he does a lot of Tracy Anderson cardio classes. And he's a brown belt in Kung Fu, so on the opposte days that he's not working with me, he's sparring with his coach, Eric Orum."



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metr⊕ WELLNESS

Getting help when parents are sick

Dealing with cancer.

A new book goes straight to the source for advice — other teens

MEREDITH **FNGFL**

When Maya Silver was grappling with her mother's breast cancer, she noticed that there weren't many resources available for teens dealing with a parent's cancer. So she tagteamed with her dad, Marc — the author of Breast Cancer Husband - to create a survival guide for teens undergoing such duress, My Parent Has Cancer and it Really Sucks. We asked the father-daughter duo about the best ways to help this underrepresented group cope.

We often try to lend support to friends going through a rough time by saying something like, 'If you need anything, let me know.' But Maya, what are some con-



crete words or actions that you appreciated when your mom was ill?

Maya: Just understanding. If I didn't want to have any friends over to the house when my mom was really sick, or if I just wanted to get away and stay busy, I had people there to help me do

that. You definitely hear a lot of "I'm so sorry!" (and) constant asking how you're doing, how your family's doing.

That was not very helpful for me. Knowing that I had good friends around me and a strong family was very

What else did teens find not helpful?

Marc: One girl (we interviewed,) Caitlin, went to school, and the teacher asked a question so Caitlin raised her hand to answer. And the teacher goes, "Oh, Caitlin, how's your mom?" And Caitlin was so mad because she

did not want to talk about or have to think about her mom at that moment - she wanted to answer the question. Kids don't want to be constantly reminded.

Maya: Another thing is an artificial sense of compassion. We had a couple of

walnut or olive).

SIMPLY HEALTH

My Bikini Plan

Breakfast: 8 tablespoons of Almased (50g) in

low-fat milk with 2 teaspoons of oil (flaxseed,

HEALTH FOODS

Some final advice from

Quote. "Some teens might want to communicate through text. or email or whatever. Find out how your teen wants to communicate, and how much they want to know, and then you can adjust as

really out-there examples, like, "I know exactly how you feel, my gecko just died." (Or) you tell someone that your mom has a serious form of breast cancer and they're like, "Oh, my grandma's sick too." You want to be like, "You have no idea."

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metronews.ca Tuesday, April 16, 2013 **FOOD**

Skinny panini: Clubhouse starring chicken and prosciutto



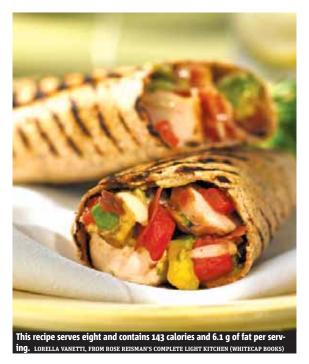
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- 1. Spray non-stick skillet with cooking oil and place over medium heat. Sauté prosciutto 5 minutes or just until dry and beginning to crisp. Remove from pan, cool slightly and crumble. Wipe skillet; respray.
- **2.** Working with one at a time, pound chicken breasts between two sheets of waxed paper to an even 1/4-inch thickness. Sauté for 5 minutes, or just until cooked and no longer pink in the centre, turning halfway. Cool for 5 minutes, then dice.
- **3.** Combine the mayonnaise, lemon juice, mustard, garlic and pepper in a small bowl and mix thoroughly. Spread evenly over the entire surface of the tortillas. Scatter the chicken, prosciutto, cheese, tomato, onion and avocado overtop. Fold

in the sides of each tortilla and roll it up tightly.

4. Preheat a non-stick grill pan to hot and spray with cooking oil. Sear the rolls on both sides until browned, approximately 2 minutes per side. Slice in half before serving. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

- 2 oz prosciutto 8 oz skinless boneless chicken breast
- 2 tbsp light mayonnaise
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp crushed fresh garlic
- pinch ground black pepper
- 4 large tortillas (preferably whole wheat)
- 2/3 cup Swiss cheese
- 1/3 cup diced, seeded plum tomatoes
- 1/3 cup diced sweet onion
- 1/2 diced ripe avocado



Of underrated watercress



NUTRI-BITES Theresa Albert DHN, RNCP

Do you think of the Queen or Downton Abbey when you think of watercress?

Of course, it is ubiquitous in tea sandwiches but did you know that it is an incredibly healthy salad green?

Watercress is a cancer and age fighting superfood as reported in a study in Medical News Today. It is suspected that the high anti-oxidant capacity of this easy-to-grow spring sprout protects DNA and cell damage. The study's participants ate one cup

per day both the stems and leaves. Watercress

is in the category of cruciferous vegetables like cabbage, mustards and kale and offers all the same benefits of these more widely used varieties. Watercress can be added to just about anything:

- omelets
- fruit smoothies
- grilled cheese
- sautéed
- served with grilled fish, pork or chicken
- as a pesto
- as a soup

Watercress does indeed grow in very damp soil and near running water. If you know what to look for, it can be a free and wild addition to your day.
THERESA ALBERT IS A FOOD COM-

MUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO.

> SHE IS @ THER-ESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDIN-FOOD.COM

Dinner. Herb-Brined Walnut-Crusted Chicken



- **1.** In saucepan over high heat, combine salt, pepper and water. Bring to boil, stirring to dissolve salt. Remove from heat and add the ice. Stir in apple juice.
- **2.** Bruise thyme, rosemary and savory by placing on cutting board and hitting with back side of a meat mallet. In zip-close plastic bag, combine liquid mix with bruised herbs and garlic. Add chicken thighs to bag and squish around to cover in the brine. Refrigerate
- **3.** When ready to cook, heat oven to 450 F. Remove chicken from brine and discard brine. Use paper towels to pat chicken thighs dry, then arrange on rimmed baking sheet.
- 4. In bowl, combine walnuts and breadcrumbs. In another bowl, combine mayonnaise, coriander and orange zest.

Brush mayonnaise mix over surface of each chicken thigh. Pat some walnut mix evenly over the top of each thigh.

5. Bake 20 minutes, or until golden brown and 170 F at centre. THE ASSOCIATED PRESS

- 1/4 cup kosher salt
- 1 tsp cracked black pepper
- 1 cup water
- 1 cup ice
- 2 cups apple juice
- 4 sprigs each fresh thyme, rosemary, savory
- 3 cloves garlic, chopped • 2 lbs bone-in chicken thighs,
- skin removed • 1/2 cup each chopped wal-
- nuts, panko breadcrumbs • 1/4 cup mayonnaise
- 1/2 tsp ground coriander
- Zest of half an orange

Nashville Fried Hot Chicken is the city's signature dish

- 1. In bowl, whisk cold water, hot sauce, 1/2 cup salt and 1/2 cup sugar until salt and sugar dissolve. Add chicken and refrigerate, covered, for up to 1
- **2.** When ready to cook, in small saucepan over medium, heat 3 tablespoons of oil until shimmering. Add cayenne, 1/2 teaspoon salt, paprika, remaining 1/2 teaspoon sugar and the garlic powder. Cook until fragrant, about

- 2 quarts cold water
- 1/2 cup hot sauce
- Salt
- 1/2 cup plus 1/2 tsp sugar • 3 1/2- to 4-lbs whole chicken, quartered
- 3 quarts vegetable oil
- 1 tbsp cayenne pepper
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 2 cups all-purpose flour Ground black pepper
- Hearty white sandwich bread (optional)
- Pickle chips (optional)

- 30 seconds. Transfer to small bowl and set aside.
- **3.** Remove the chicken from refrigerator and pour off
- **4.** In a large bowl, combine the flour, 1/2 teaspoon salt and 1/2 teaspoon pepper. Two at a time, dredge the chicken pieces through the flour mixture. Shake excess flour from the chicken, then transfer it to wire rack. Do not discard the seasoned flour.
- **5.** Adjust an oven rack to the middle position and heat the oven to 200 F. Set a clean wire rack over a rimmed baking
- **6.** In a large Dutch oven over medium-high, heat the remaining oil to 350 degrees.
- **7.** Return the chicken pieces to the flour mixture and turn to coat, then shake off the excess. Add half of the chicken to the oil and fry, adjusting the burner as necessary to maintain oil temperature between 300 F and 325 F, until the skin



- is a deep golden brown and the white meat registers 160 F and the dark meat registers 175 F, about 25 to 30 minutes.
- 8. Drain fried chicken on the prepared wire rack and place in oven to keep warm. Return the oil to 350 F and repeat with the remaining chicken.

9. When all of the chicken is cooked, stir the spicy oil mixture to recombine, then brush it over both sides of the chicken. Serve on bread, if using, and top with pickles, if using.

THE ASSOCIATED PRESS/ ADAPTED FROM COOK'S ILLUSTRATED MAGAZINE

metronews.ca metronews.ca ruesday. April 16, 2013

How a stay-at-home mom found her sanity while Lost in Suburbia

A momoir. Columnist shares how she found her groove in new book, Lost in Suburbia: A momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs

When syndicated parenting columnist Tracy Beckerman gave up her high-powered Manhattan TV career to focus on motherhood, she, her husband and their two young kids left their quintessential New York lifestyle behind for a different one in the Jersey suburbs.

Her new life as a full-time mom, however, left Beckerman in a funk.

Lost in Suburbia: A Momoir: How I Got Pregnant,

Lost Myself, and Got My Cool Back in the New Jersey Suburbs tells the story of how the author found her groove in Jersey and learned how important a sense of humour is in raising a family.

How did you decide to swap your city life for a suburban one, and what was the transition like?

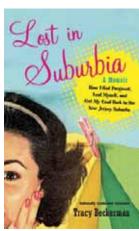
After I had my son and went back to my job as a writer and producer for the local news, I never expected that I was going to not really care about it anymore. I felt like I was missing out by not being with my son. So we made the decision that I was going to quit my job. Then we realized that we couldn't afford to stay in the city! So we moved to New Jersey. I didn't know anybody, I didn't have my job to define me anymore and I just sort of lost it. It made it tough to be comfortable in

my new role. How did things begin to change?

My low point is when I got stopped by a cop driving in my dumpy bathrobe. I thought, I've got to turn my life around! When my kids went to school, I thought about what I could do that is just for me. One day my son came home from school and told me something funny that happened, and I wrote it down. (The story) came flooding out of me, and the local paper ran it. Soon after, two more papers expressed interest. I realized this was going to be my second act. Finding the humour in parenting made me so much happier.

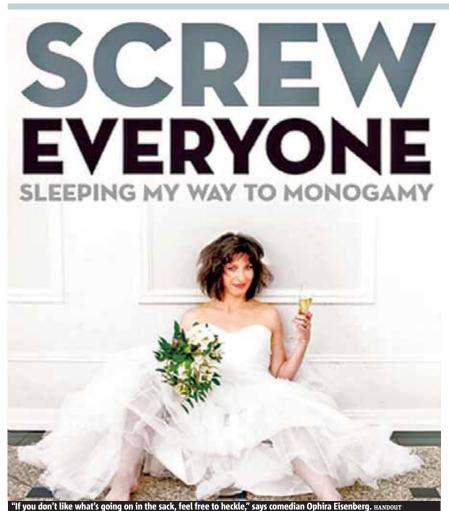
What should women in this situation keep in mind?

If you defined yourself by your career, it can be very hard when all of a sudden your job title is Stay-At- Home



Mom. You need something for yourself that's not just about your kids — something just for you that you feel good about. I think you end up feeling happier, and it makes you a better parent.





From men hungry to monogamy

Books. Ophira
Eisenberg's rollicking
new memoir details
how jumping from
one guy to another
helped her say "yes"
to marriage

DOROTHY ROBINSON

Metro World News in New York City

Ophira Eisenberg is a standup comedian, writer and host of NPR's new weekly trivia show, Ask Me Another. But she is also quite the expert in sleeping around.

Or she was — until she met "the one." Being on the prowl? Just practice for monogamy.

"I think it's my large sample size and many experiences that led me to the right guy," she says in her new memoir, Screw Everyone.

What does NPR think about an employee writ-

ing a book about sleeping around?

I'm certain almost everyone at NPR has had sex, so they are OK with it. Almost everyone

Your story has a happy ending — a nice marriage — but do you have any regrets from your stay in Trollopville?

Nope. In hindsight I'm glad I let myself go for it. ... I think everyone looks back and wishes they could have treated themselves or a situation a bit better. I couldn't always laugh at myself then.

Thank God I can laugh at myself now.

Why are so many comedians terrible in the sack? Not that we're asking from experience or anything.

Of course — it's a friend of a friend who wants to know, right? I'm a comedian and from what I've heard, I'm pretty decent — at least from the comment cards I've received.

Q&A

If there is one thing you could tell 20-year-old Ophira, what would it be?

Stop worrying so much!
 There will always be another beer and another boyfriend in your future.

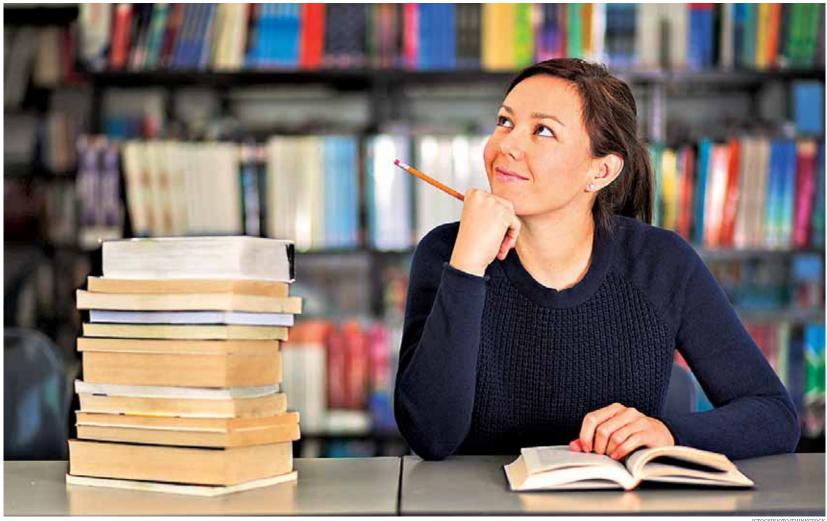
Comedic hindsight

"I think everyone looks back and wishes they could have treated themselves or a situation a bit better. I couldn't always laugh at myself then."

Ophira Eisenberg

But if I had to take a guess, it's because they're going for the laugh.

My advice is that if you don't like what's going on in the sack, feel free to heckle.



TIME TO BEGIN YOUR JOURNEY

A GOOD EDUCATION **CAN LEAD TO A PROMISING CAREER**

The world is a faster-moving, more competitive place than ever before. It is smaller, too. If you want to compete — if you want to make money — you have to get a good education.

But that's nothing new, is it? The days when you could get ahead without post-secondary education of some kind are long gone. No matter what field you belong to, chances are you will have a certificate, diploma or degree on your resumé. That piece of paper isn't just your means of getting ahead, it's your means of getting started.

Luckily, colleges and universities in this country are there to help. More than ever, they are meeting students halfway



- offering full-time, part-time, accelerated and even online delivery models to suit almost anyone's lifestyle, learning style, or schedule.

And their variety of offerings continues to grow. Universities are expanding their degree programs into new subject areas, reflecting a more multicultural, tolerant, technocratic society. Many colleges offer degree programs now, too, while maintaining the focus they have always had on matching students with great jobs.

These schools aren't strictly for young people, either. Mature students, hoping to retrain, upgrade their skills or seek out new careers entirely, are being welcomed into programs designed with their needs in mind.

A good education remains our best way of finding the work we are meant to do — a career we are passionate about, one that inspires us to keep improving and keep learning for the rest of our lives.

Post-secondary institutions of all kinds will be starting their spring and summer programs soon. One of those programs might be right for you. Do your research, ask questions and, most importantly, don't be afraid to dream big. Your educational journey is just getting started.

- Chris Edwards

CONNECTED TO THE COMMUNITY

MACEWAN STUDENTS RAISE MONEY FOR HOMELESSNESS

What began with mild temperatures and ended in a foot of snow, 5 Days for the Homeless did not go easily for a group of MacEwan University students. Of course, that was part of the experience, since weather is out of the control of homeless Edmontonians. However, snow or shine, the students remained committed to their mission.

Five Days for the Homeless is a Canada-wide student initiative aimed at raising awareness and money to provide resources and shelter to homeless people in the community. For the second year in a row, students from the university showed their MacEwan spirit and engaged in their community by spending five days sleeping on the streets — while still attending classes — to raise money for Youth Empowerment and Social Services (YESS).

"Most homelessness starts out at the age of 18," says Cameron McCoy, bachelor of commerce student and vice-president of public relations for the MacEwan University chapter of 5 Days for the Homeless. "YESS sets in before people hit the homeless trend. It supports those young people so they can get off the streets and become part of society, and



MACEWAN UNIVERSITY PHOTO

they can have a future other than homelessness."

Ellisha Sharma, bachelor of commerce student and chairperson for the MacEwan campaign, says, "It is really important to be connected to the community by participating and donating to these kinds of campaigns. It doesn't take sleeping outside to make a change, it takes the generosity and compassion of the good people out there who have donated to our cause."

Because 100 per cent of the money and non-perishable foods raised go to YESS, the sleepers had to rely on food donated by family and friends. On the last night, when it was snowier and colder than expected, donations of extra blankets and tarps came in, which the sleepers were extremely thankful for.

But as Cameron notes, "I get to go home, homeless people don't."

AWARD-WINNING NEW YORK TRIP

They did it again.

Members of MacEwan University's United Nations club recently attended the National Model United Nations (NMUN) conference in New York and returned as winners.

This time, the students picked up two awards.

The club's members were so excited to attend the New York conference that they had to form two delegations, representing Brazil and Saint Lucia, to accommodate all 27 attendees.

Both university delegations made such an impressive showing that each was named distinguished delegation. This was the same award the students earned at the 2012 conference.

"MacEwan University has produced fine performances over the years at UN simulation conferences around the world," says Chaldeans Mensah, political science faculty member and the club's faculty adviser. "This double award is an indication of the hard work that augurs well for the productive careers in the future for the delegates as engaged global citizens."

In advance of the conference, students held fundraisers and silent auctions to fund their trip. But the hard work didn't stop once they arrived. For four days, the students engaged in debates and negotiated with fellow delegates on pressing global issues under the theme of Change Your World.

"Chaldeans is always there for guidance, but gives us the space for our executive members to run the club," says Christina Emberley, the UN club's vice-president of information.

Emberley points out that other attending students have a UN course at their post-secondary institutions, allowing them to prepare for the national simulation in class. MacEwan University's delegations form out of the extracurricular club and the students prepare on their own time.

"It speaks highly of MacEwan University that our students are preparing for this on their own and are winning these awards," she says, adding, "I was blown away by the competition, but impressed

BY THE NUMBERS

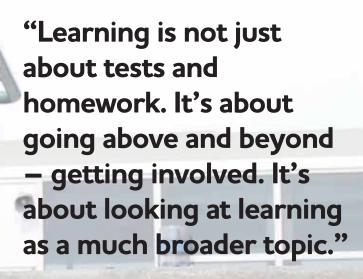
MARCH 2013: Twenty-seven students split into two delegations (Brazil and St. Lucia) as part of the National Model United Nations (NMUN) — New York conference. Both teams won a distinguished delegation award

JANUARY 2013: Students visited the Galapagos Islands for the Latin America conference where they acted as delegates of Japan, and won the outstanding delegation award.

APRIL 2012: Representing the Republic of Korea, students are named distinguished delegation in New York.

by the level of commitment that our club members showed."

MacEwan



Cameron McCoy

Third-year Bachelor of Commerce student

"I always wanted to go to MacEwan University because of the experience students get here."

Cameron McCoy is determined to get the most out of his university education. Passionate about community involvement since high school, the third-year Bachelor of Commerce student recently experienced homelessness as part of 5 Days for the Homeless, a Canada-wide student initiative aimed at raising awareness and money to provide resources and shelter to homeless people in the community.

Cameron has also been a member of student council and the UN Club for the past two years and is the current president of Enactus, a student business club aimed at training entrepreneurs and connecting students with the community. And if that's not enough, he's just been elected president of the Students' Association of MacEwan University for 2013/14.

"I want to get involved because I think it's important. When you come to university your primary focus may be your degree – but your experience really matters too."

Our uniquely **personal learning experiences** enable our students to thrive and grow not just as learners, but as individuals.

Learn more at MacEwan.ca.



SOLID INVESTMENT

EDUCATION WILL PAY OFF OVER LONG TERM

Getting a university degree or college diploma is a big investment of time and money, but experts say it pays off.

Melissa Padfield, the assistant registrar at the University of Alberta, says the rewards of education are realized over many years.

"Arming yourself with an education makes you more adaptable to economic swings and, ultimately, will help students meet their career goals," she says.

On average, a degree adds \$1 million to your life-time earnings. "It's an investment in your future and one that will only increase in value over time,"

A 2011 TD Bank report said, "investment in a post-secondary education remains the single best investment that one can make," both for the individual and for society. It found the annual return on investment for a university degree is 10 per cent, and is even higher for a diploma. The median after-tax income for university graduates is \$35,168; for

college grads it's \$27,741; high school grads earn \$19,744.

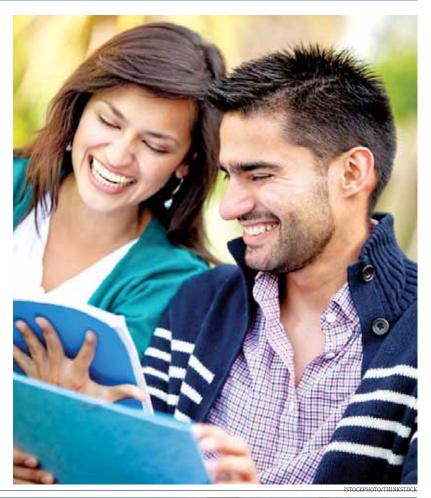
"When we look at what skills university grads are using in their careers, they are drawing extensively on the critical thinking, problem solving, and interpersonal skills that they acquired through their degrees," Padfield says.

Those transferable skills allow people to advance or change course without retraining. She says 90 per cent of U of A graduates find work within two years. Faculties like medicine and dentistry report universal employment.

Many students opt for a college diploma, which costs less and takes about two years. Arnold Boldt, provost and vice-president, academic, at the Saskatchewan Institute of Applied Science and Technology, says 93 per cent of their graduates find work within six months.

"The programming is directly linked to the labour market," he says. "It's a huge return on investment."

– Jon Tattrie





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www.extension.ualberta.ca/management



TURN IDEAS INTO VIABLE OPTIONS

U OF A FACULTY OF EXTENSION

It all starts with a great idea, but many great ideas fail when they are not fostered properly.

Through the University of Alberta faculty of extension's new entrepreneurship citation, learn how to take your next great idea and learn what it takes to turn that idea into a vi-

"The foundation is what we are aiming to provide. The nature of entrepreneurship requires a bold and adventurous spirit," says Sandra Lacza, program leader for management programs, University of Alberta, faculty of extension.

"But we want individuals who have this entrepreneurial spirit to also have the fundamental and basic skills to succeed in their endeavours."

The entrepreneurship citation consists of three courses that are necessary for providing a foundation for any entrepreneurial endeavour — the fundamentals skills, how to evaluate opportunities, and the steps that need to be taken to start a new venture.

"A lot of times people will have a great idea but then are talked out of pursuing it — often by themselves — because they don't have knowledge about how to move forward or begin," Lacza says.

"The entrepreneurship citation was designed to empower these individuals."

Lacza says whether it's a lack of knowledge or lacking certain skills, this course benefits those who take it by providing an opportunity to move their ideas forward in a setting that provides answers to questions many new entrepreneurs encounter.

Aside from learning the fundamentals of entrepreneurship, students will be introduced to legal aspect, marketing and finance. Also covered is the process for applying for patents, copyright and registering a trademark.

"An idea is what moves a new venture forward, but too often it is external circumstance and avoidable barriers that stalls or ends them," Lacza says.

"By preparing for these, an entrepreneur can avoid a lot of frustration."

Registration for these courses is now open.

For more information about the new entrepreneurship citation, visit extension.ualberta.ca.



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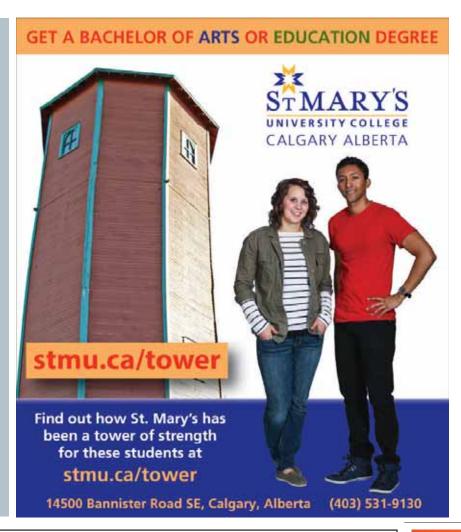




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EDUCATION FOR THE REAL WORLD nait.ca





SPRING FORWARD WITH ACADEMY OF LEARNING

With spring comes thoughts of change and rebirth. And for many, that might even mean time for a new career.

"Spring is a time of renewal, and there's no better time to renew your career aspirations," says Brady Sylvester, spokesman for Academy of Learning Career College.

At Academy of Learning, there is no need to put your future on hold until September, with most programs starting every week.

"One of the most important aspects of what we do at Academy of Learning is our ability to get people started on their new career training almost any time," Sylvester says.

"And since all of our career programs are one year or less, you'll be done by next spring at the latest."

For some of the shorter programs, you could be fully trained and sending your new resumé out to employers by fall, when others are just starting their programs.



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Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

With its Integrated Learning System, students have the freedom to customize their schedules to fit their lives, whether that is a full-time job, family, or other commitments.

For more information about Academy of Learning and the programs it offers, visit academyoflearning.ab.ca.

How do I become a

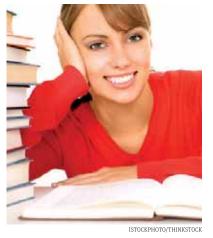
Dentist ?

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INVEST IN YOUR FUTURE THIS SUMMER

USE BREAK TO FIND YOUR DREAM CAREER

As tempting as it is to ditch the textbooks and all knowledge gained over the past eight months of school, summer break might just be the perfect time to work towards that future dream career.

Get a leg up on your classmates, and future competition in the job market, and use your summer break to make vital industry contacts, start a summer job placement, or even learn some new skills, while others are kicking back or work at meaningless jobs to pay the bills.

Before stepping out of the classroom for the summer, do a little research and enlist the help of your instructors or student services to find out if anyone is hiring students for the summer in your field of study.

Another great resource for looking for

summer employment for students is the government of Alberta Learning Information Service website and hotline. View job postings or speak to someone about a number of other post-secondary issues.

If you do happen to secure yourself a summer internship or job placement, be aware that it may not pay as lucratively as you expect, if at all, but the future payoff of the experience and contacts you make, will be a valuable investment into your future.

DIGITAL SCHOOL OFFERS LATEST TECHNOLOGY

As technology advances, industry must advance alongside it.

At Digital School, keep up-to-date in the latest advancements in the field of computer-aided design (CAD).

In the last few years, architecture, engineering and construction have been seeing the emergence of building information modelling (BIM) as an approach to life-cycle management.

"At Digital School, we are deeply committed to ensuring our graduates are ready

for any environment they'll encounter, and we see BIM as an increasingly important part of the future of CAD," says Brady Sylvester, assistant manager of Digital School. "It is fast becoming a standard worldwide."

Sylvester says BIM is not a software, but a methodology, one that is about sharing information between different project stakeholders.

"This can include co-workers at a firm to subcontractors from different industries, through the life of the project and beyond,

even to the end of the building's useful life," Sylvester says.

At Digital School, students can study to earn a degree in CAD in less than a year, with skills employers are looking for.

CAD courses include, computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization and a part-time online computer-aided drafter program.

For more, visit digitalschool.ca.



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CONQUER CHALLENGES

WITH U OF TORONTO **ITLP PROGRAM**

If you are an internationally trained lawyer trying to adapt to Canadian legal practice, you face many challenges. The University of Toronto's internationally trained lawyers program (ITLP) can help you overcome

The ITLP offers four different programs: NCAR, for those needing help with NCA exams; BEPC, for those needing help with LSUC licensing exams; a comprehensive program, for those who need both academic support and Canadian legal experience; and a career program, for those who can manage their NCA exams, but need help developing their job-searching skills.

The career program made a big difference for Labiba Rukhsana. Born in Bangladesh, Rukhsana completed her legal education in the United Kingdom. She then immigrated to Canada, where she passed her NCA exams but could not find an artic-



ling job. By the time she graduated from the career program, she had one waiting for her.

"The career program provided me a set of tools and resources tailored to my needs," Rukhsana says. "It was a tremendous motivational force. I continue to benefit from it in my current search for an associate position."

ITLP students must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country.

To learn more, and how you can enrol, visit itlp.utoronto.ca.

U OF A FACULTY OF NURSING DDRESSES HOMELESSNESS

Every person has the right to a roof over their head and food in their bellies, but for some, having both is not a luxury.

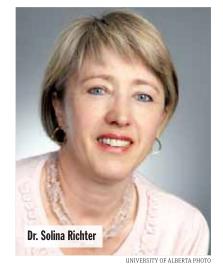
When some people choose to get a post-secondary education, they have to give up either their home or meals to make ends meet.

The University of Alberta faculty of nursing conducted a study to determine how the university community perceives and manages student homelessness, on or off campus.

"We hope that the data generated will help with public awareness, raising community engagement and planning of services to address housing related issues and prevent homelessness in the student population," says Dr. Solina Richter, associate professor, faculty of nursing, University of Alberta.

"It is apparent that the university administration, faculties and campus community generally need to be made aware of students' personal needs to be successful at their studies."

Richter says some students are very



resilient and find a way to manage, but something needs to be done to ensure students are not ending up homeless.

"Students often hide their circumstances when they become homeless - it is highly stigmatized," Richter says.

For more about the U of A faculty of nursing, visit nursing.ualberta.ca.

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GAIN AN EDGE WITH ROBERTSON COLLEGE

EARLIER ENROLMENT

Why wait until September when you can begin your training for a career as a healthcare aide at Robertson College this May.

By starting your training four months earlier than most other students, you will get a jump on the job market, says Violet Reid, campus director of Robertson College, Edmonton campus.

With less students entering the work-

getting the jobs where skilled workers are currently in demand.

Reid says another advantage to starting this spring versus in the fall may include funding, such as potential loss of income and government student aid eligibility.

"Delaying the start date to save for tuition is more often a good intention than an effective financial plan," Reid says. "Any savings gained between now and September may reduce or disqualify your

eligibility for government student aid funding."

Reid is there to help any student looking to get started at Robertson this spring and will assist in working with prospective students through the application process.

The next class start date begins May 13, so enrol now and begin your journey to a new career as a health-care aide.

For more information about Robertson College, visit robertsoncollege.com.

SAMPLE ST. MARY'S COLLEGE AT

Sometimes all you need is a sample.

This spring, a group of interested high school students will get a chance to "sample" St. Mary's University College through mini open houses specifically designed for these students.

"Our 'mini open houses' are a nopressure way to visit the campus as a group to see what we're about, what kinds of programs we offer, and the kind of atmosphere we can offer to students," says Darcy Smereka, director

of admissions and recruitment at St. Mary's.

"If students aren't sure about postsecondary education or just find it intimidating, we try to keep their visit light and fun to help them decide if St. Mary's is for them."

Smereka says these tours are like a four-hour preview experience for the students, but won't be like the same old tours offered at most institutions.

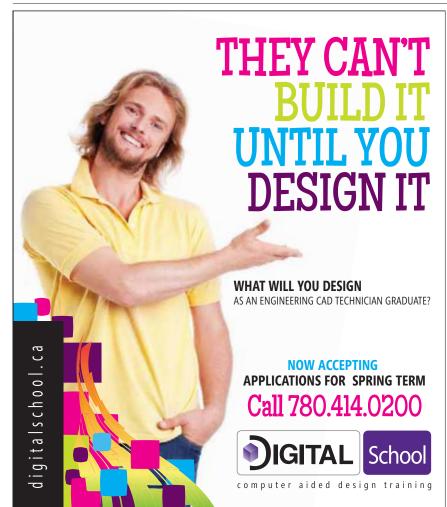
Students will be encouraged to par-

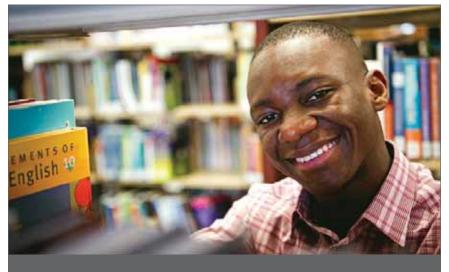
ticipate in the St. Mary's version of The Amazing Race, where they will race around the campus to find clues while learning about St. Mary's and competing for prizes.

"It's a fun way to learn and get oriented on campus," says Smereka, adding that these tours have been a great way to familiarize students with the campus and help them to feel at home.

For more about St. Mary's University College, visit stmu.ca.







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Does your money savvy end with counting the change in your piggy bank? Financial expert Gail Vaz-Oxlade launches her new series, Money Moron, on Slice this Friday at 9 p.m. ET/6 pm. PT. On the show, Vaz-Oxlade attempts to rescue strained relationships from the pitfalls of financial woes. With one person in the relationship calling out the other for their unhealthy financial habits, the finance guru is brought in to offer the reckless spender a chance to turn things around.

For a sneak peak at Money Moron, visit



The fin lit bandwagon Money. Owning a home an investment of a lifetime



YOUR MONEY onev@metronews.ca

"I am 44, a single parent with two kids and a total idiot about money," writes Lori P. from Winnipeg. "There's so much talk about financial literacy these days. How am I supposed to get smart?"

Good point. I feel your frustration. The fin lit bandwagon has produced so much content it can be a huge challenge to find what you need to know.

I'm not being pejorative; financial literacy is a very good bandwagon. After all, money accompanies us from cradle to grave. Spouses, kids, jobs, friends may all come and go, but money remains. The way we handle it affects not only our own life but also that of people around us.

Financial literacy particularly important for women because we are still the primary caregivers of children and the elderly. We also bear a larger portion of the responsibility for educating our kids about money. Additionally, we ladies are by far the majority of single parents and we live longer.

So, women have to get smart about money.

The international Financial Literacy & Education Summit 2013 in Chicago is tackling this very important topic on April 17th. I'm honoured to be the moder-



ator of a panel of journalists from around the world. You can register to view online practicalmoneyskills. com/summit2013.

Back to Lori P. She should focus on her own specific needs first. For example, if she is in a job with a workplace pension and contributing to it, she might put retirement investing on the shelf for now. Instead, she could concentrate on areas where she is weak such as insurance, budgeting or

The idea is to pick one thing and work on that you have a comfort level with the topic. Don't try to become financially savvy in everything. It is simply too overwhelming.

And by the way Lori, I doubt you've raised two kids and are really a "total idiot" about money. I suspect you know more than

Boost your own money smarts by winning my latest book, Count on Yourself: Take Charge of Your Money. Just tweet or email a question about financial literacy and include the hashtag #FinLitSummit. Or email questions to griffiths.alison@gmail.com. I'll be giving out five books

after the summit.

Contact Alison at griffiths.alison@ gmail.com or alisongriffiths.ca

Owning your own home is an exciting proposition and an achievable goal for most Canadians. The number one reason many become homeowners is pride of homeownership and the stability and security that comes with

Buying a home can also be a solid investment and provide tax benefits.

In Canada, you are not taxed on any investment gains made on the sale of your primary residence. So, for example, if you buy your home for \$200,000 and sell it five years later for \$250,000, you do not have to pay income tax on the \$50,000 you earned from the sale.

Another advantage is each time you make a mortgage

payment, you are putting a portion toward the principal balance of your mortgage, which builds equity in your home. This is a better use of your money than giving rent to a landlord and is a good long-term investment.

Owning a home means that you can make your own decisions on decorating, home improvements, location, etc. In a recent survey conducted by Genworth Canada, 91 per cent of firsttime homebuyers said that homeownership may mean more work but the effort is well worth it.

When it makes financial sense, buying a home is often a wise, secure and emotionally satisfying move to make. **NEWS CANADA**



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Fan experience sure to change after explosions



In one mad instant, someone has fundamentally changed the nature of sports fandom in North

There are greater immediate concerns — for those injured or killed on Monday afternoon at the finish line of the Boston Marathon.

But in the days to come the focus will turn to security and our naked vulnerability when we go to a game.

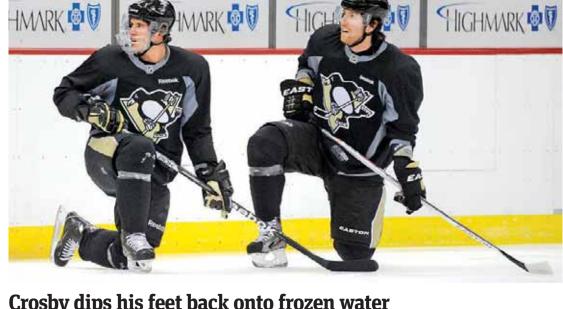
It doesn't matter who did this, whether it was enemies foreign or domestic.

From now on, the danger we've only approached tentatively since Sept. 11, 2001 — the understanding that North Americans make the most inviting targets when they are gathered in crowds at sporting events — is fully upon us.

This was about symbolism. They targeted one of the few American sporting events that receives worldwide coverage. It happened on Patriots' Day in a city that has a good claim as the birthplace of the United States. The blasts happened about four hours after the start - which is traditionally when the most competitors are crossing the line.

This will be a different sort of tipping point than 9/11. That was a warning -"They're out to get us." This is a reminder — "They still

GO TO METRONEWS.CA/ VOICES FOR MORE FROM CATHAL KELLY ON MON-DAY'S ATTACKS IN BOSTON.



Crosby dips his feet back onto frozen water

Penguins Sidney Crosby, left, and James Neal take a break from a skate on Monday at Consol Energy Center in Pittsburgh. Coach Dan Bylsma said there is no timetable for Crosby's return from a jaw injury, but called it a positive step. "I would say a foot in the water," Bylsma said. "I didn't go out there and see how hard he did go, but I know he was just out for basically a skate. He got out there for a little bit of exercise and to get on the ice." CHAZ PALLA/THE ASSOCIATED PRESS

Buehrle finds form in taking out old mates

MLB. Left-handed starter notches victory No. 1 vs. former team

Toronto Blue Jays starter Mark Buehrle needed an inning to settle into his first career start against his old team.

Once he found his groove, the veteran southpaw delivered a performance the Chicago White Sox knew he was capable of.

Buehrle recovered from a two-run first inning on Monday night to pick up his first win as a Blue Jay in Toronto's 4-3 victory over Chicago at Rogers Centre. The fact it came against his former teammates and some good friends was a nice

"Once we cross the lines, I'm out there trying to win just like they're trying to beat my brains in," Buehrle said. "So you just have to go out there and try to perform.'

Buehrle (1-0), who spent 12 of his first 13 big-league seasons in Chicago, allowed nine hits, two earned runs and two walks over 6 1/3 innings while strik-

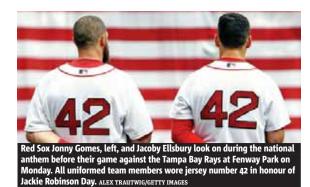
"Guys like him, they can pitch at this level because they're smart and they don't have to throw 95 to get people out," White Sox manager Robin Ventura said. "It's something I know White Sox people have seen forever. It was a clinic."

J.P. Arencibia and Maicer Izturis hit home runs for Toronto (6-7), which had 10 hits on the night.

Arencibia went deep in the first inning off Chicago starter Gavin Floyd (0-3) and Izturis put the Blue Jays ahead to stay an inning later. THE CANADIAN PRESS



Sox celebrations turn sombre after blasts



The Red Sox and Rays were making their way out of Fenway Park when two explosions near the finish line of the Boston Marathon were heard at the stadium.

The Red Sox beat the Rays 3-2 on an RBI double by Mike Napoli in the ninth inning on Monday in Boston's traditional Patriots' Day morning

The game began at 11:05 a.m. and ended at about 10 minutes after 2 p.m. A little less than an hour after that.

about a mile away, the explosions from Copley Square could be heard by those in and around Fenway — but not in the clubhouses where

the teams were getting ready

The players seemed unaware of the explosions as they were interviewed by reporters. In the Red Sox room, they dressed in suits and ties for their trip to Cleveland, where they're scheduled to start a three-game series against the Indians on Tuesday night.

A team spokesman sent a text message saying the team had reached the airport.

THE ASSOCIATED PRESS

metre 30 MEMORIAL CUP metronews.ca Tuesday, April 16, 2013

Ready and rested

Roller-coaster season.

Host Blades will have 51-day break before tournament starts

EDWARD FRASER

The Western Hockey League's Saskatoon Blades, who will host the Memorial Cup May 17-26, entered this season believing they had a team that would fit nicely among the champions from each of the Canadian Hockey League's three circuits — the Western, Ontario and Quebec leagues — that make up junior hockey's showcase event.

But a roller-coaster season, one that featured an 18-game winning streak from late January to early March, finished with the Blades upset in Round 1 of the WHL playoffs, swept by the Medicine Hat Tigers, a team that finished 19 points behind them in the regular season.

"I've been coaching for more than 20 years now and I've never been through a season like this," said coach/GM Lorne Molleken, who became the second coach to win 600 career WHL games this season.

As a result of the early exit, Saskatoon was saddled with a 51-day break before the start of the Memorial Cup, where it will attempt to become the ninth team to win the tournament as host since the format changed to include a fourth team in 1983.

The Blades don't have to look far for a blueprint. In last season's tournament, the Shawinigan Cataractes took home the title on home ice after losing in the second round of the Quebec Major Junior Hockey League playoffs, topping the heavily favoured Ontario Hockey League champion London Knights.

A "training camp atmosphere" will welcome the Blades back in mid-April fol-

lowing a break. Molleken's plan to prepare his troops includes bringing in pro players to practise to increase the level of competition, specifically on special teams.

"What's happened in the past is over, it's done with," Molleken said. "Our focus now shifts to the Memorial Cup."

This will be the second time Saskatoon has hosted the event, which began in 1919. In 1989, the Blades lost in the final to Swift Current. Another Saskatoon team battled for the cup in 1936, when the Wesleys of the North Saskatchewan Junior League were beaten by the West Toronto Nationals in a best-of-three series.

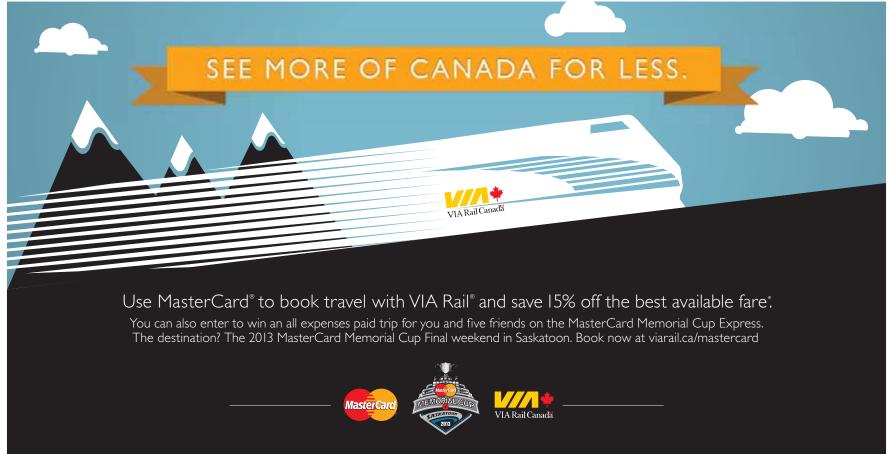
Will the third time be a charm?

"When we're playing our best hockey I believe we can compete with anyone and have success," Molleken said.

"To win a championship would be unbelievable for our fans and for the city."



Veteran bench boss Lorne Molleken is tasked with getting the host Saskatoon Blades prepared for the Memorial Cup after a long break. STEVE HISCOCK/THE SASKATOON BLADES HOCKEY CLUB



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PLAY

16

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

↑ Aries

March 21 - April 20

What looks confusing today will look simple tomorrow, so don't get frustrated that you don't seem to be making much progress. Everything is moving along at exactly the speed it needs to move, so relax.

Taurus April 21 - May 21

It would appear that you are torn between two extremes and unable to decide in which direction to move next. Why not just wait it out?

II Gemini May 22 - June 21

There is a pattern to the events now taking place and if you keep your eyes and ears open today, you should be able to work out what it is. Once you've done that, you'll have a huge advantage over rivals.

9 Cancer June 22 - July 23

You may be hugely interested in what a friend is suggesting you do together but pretend you are not that into it. Let them persuade you it's a good idea. Play hard to get.

$\mathbf{\Omega}$ Leo July 24 - Aug. 23

You may not want to hurt someone's feelings by revealing damaging information, but you have no choice. If you don't clue them in, they will find out and blame you for keeping it from them.

M Virgo Aug. 24 - Sept. 23

Some people enjoy being victims and one such person will pull out all the stops to make you feel bad for them. Be a Good Samaritan but give your help only where it is genuinely needed.

△ Libra Sept. 24 - Oct. 23

You may not want to admit that you made a mistake but it's for the best. Only when you have owned up to some sort of transgression will you get the chance to move on.

M Scorpio

Oct. 24 - Nov. 22

Ignore any differences of opinion you may have with a work colleague. It's quite easy to avoid issues that could start an argument. There are plenty of things you agree about.

プ Sagittarius Nov. 23 - Dec. 21

You may have opinions about something but are advised not to shout them, at least not in the hearing of people who might take offence. Self-preservation is more important than having your say.

6 Capricorn Dec. 22 - Jan. 20

It seems you have made a stand on a point of principle and now there can be no backing out. This is one of those situations when you must go all the way. Others will rally to your cause too.

Aquarius Jan. 21 - Feb. 19

This is going to be a busy day for you, so don't waste time and energy on issues, or on people, that don't move you closer to your long-term goal. Work smarter, not harder.

H Pisces

Feb. 20 - March 20

Try not to make it too obvious what you are up to today. If you act a little bit reserved, others will see you in a more serious light. Whether or not that's justified is another matter. **SALLY BROMPTON**

Crossword: Canada Across and Down

13

49 50

Across

- 1. Mil. installation, as Petawawa or Trenton
- 4. TV classic, "Green
- 9. Grand event 13. 'Fed' finishers (Stylish hats) 15. Norse goddess
- of love
- 16. "_ __ can you..." (American anthem opener) 17. Advanced math
- course, for short 18. Acting jobs
- 19. Puerto 20. __ and terminer
- -inspiring 22. Like many
- treasures 24. Sportswear
- company 27. Gives food to
- 28. X-30. Use profanities
- 32. Around, in dates 33. British funny character, Mr. 34. Canadian country singer Mr.
- Brownlee 38. Married-to-eachother Canadian actor/ comedians, Colin_
- and... 40. ...Cont. from #38-Across, Debra ___ 42. "Let's leave
- that.' 43. Movie snippet 45. Moves, molasses-

style

46. Polls/surveys conductor, __Reid 48. Models

51

- 49. "Melrose 52. Harbour structures
- 54. Give heed 56. River: Spanish
- 57. Auto race, __ 500 61. Singer/songwriter, India.
- 62. Borders on

64. Filmmaker Ms.

30

52

31

48

Ephron 65. __-covered, as unprotected iron

47

- 66. 'D' in SYTYCD 67. Chew
- 68. Use a ruler, for short 69. Ancient looped-
- crosses of Egypt 70. Carpentry tool

Down

53

- 1. Fashion icon Ms. Chanel
- 2. Skirmish
- 3. Hay bundle
- 4. Scared
- 5. Bunch of people 6. Let go
- 7. Third __ Blind (Rock
- band) 8. Belt alternative

9. Spanning the Detroit River, the Ambas-

- sador in Windsor is not just a bridge, it's also a what?: 2 wds.
- 10. Actor's line spoken to the audience
- 11. Like many running shoes 12. City in France [var.

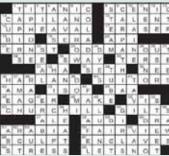
- sp.1 14. Some lottery
- purchases: 2 wds. 23. "___ Tree Falls" by Bruce Cockburn
- 25. Letter's beginning word...
- 26. Wetland 28. Unruly disturb-
- ance 29. Medieval chest
- 31. Britannica, e.g. 32. Gladiator's 901
- 33. Under
- 35. Smoq
- 36. 'Deterior' suffix (Becomes worse)
- 37. English novelist
- Mr. Lawrence, et al. 39. 'Electron' suffix
- 41. Blunder
- 44. "Honey, the
- Kids" (1989) 47. Baseball great, "__
- Wee" Reese 48. Non-poetic writ-
- ings
- 49. Shoppers Drug
- Mart, e.g.
- 50. John Candy
- "SCTV" character,
- Johnny __ 51. "Big Brother Can-
- ada" host Ms. Cox
- 53. G's spelled-out
- follower
- 55. Zippo 58. Songstress Ms.
- Hendryx 59. Pencil a scene
- 60. Two-masted boat

8

7

9

63. Prohibit



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2	3	.1	9	7	8	4	0	.5
8	7	4	3	5	6	9	1	2
6	9	5	4	-1	2	7	3	8
9	4	8	1	6	3	2	5	7
7	8	3	5	2	4	1	8	9
5	1	2	7	8	9	3	4	ē
3	2	0	8	4	5	6	7	1
1	8	6	2	3	7	5	9	4
4	5	7	6	9	1	8	2	- 3

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9

TODAY

(🗻)

MAX: 1°

MIN: -5°

WEDNESDAY

MAX: 5°

MIN: -8'

THURSDAY

MAX: 3 MIN: -4



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